Dear Colleague:

On behalf of the Academy of Cognitive Therapy (ACT), I want to thank you for your continued support of and involvement with ACT. Collectively, ACT’s members make the Academy a strong, diverse organization, which is capable of effective dissemination of cognitive therapy to the growing number of individuals who seek evidence-based treatments and professionals working to deliver the highest quality care.

Too many people cannot find or afford quality health care, and even fewer can access effective mental health treatment worldwide. Members of ACT’s Credentialing Committee are working with Diplomates in China, Turkey, Brazil, and Saudi Arabia. I am proud to say that ACT can now rate samples in Mandarin, Cantonese, Turkish, Portuguese, and Spanish. ACT’s Board of Directors and Committee Members, together with its staff, continue working to expand ACT’s dissemination efforts with the ultimate goal of ensuring that consumers in every community have access to high quality cognitive behavioral therapy. Every member of ACT can be such an ambassador.

As consumer demand for cognitive therapy increases, leaders within the field continue to make news. Reviews of the evidence reveal that cognitive therapy is consistently one of the strongest forms of treatment, and training programs around the world are expanding their educational offerings in cognitive and cognitive-behavioral therapies. This year, ACT continued the tradition of honoring leaders in the field, and presented the 2012 Aaron T. Beck Award to Professor G. Terence Wilson for his significant contribution to CBT and to those struggling with disordered eating.

To date, almost 900 people have been credentialed by the Academy of Cognitive Therapy. Credentialing helps consumers and professionals identify highly qualified cognitive therapists throughout the world. Last year, more than 95,000 people visited the ACT website and of those, more than 50,000 sought ACT-certified cognitive therapists through our referral database. We are eager to expand our community of effective therapists by certifying more individuals in more locations throughout the world.

In light of the work of the Academy of Cognitive Therapy, we hope that you will renew your ACT certification. This renewal will allow you to continue to receive benefits that help strengthen your capacity as a therapist, keep you abreast of emerging research and news in the field, and build your practice through referrals. Your continued membership will in turn help ACT maintain standards of excellence for cognitive therapists and ensure that consumers in every community have access to high quality, effective mental health treatment. You may renew your membership, for up to three years in advance, by completing and returning the attached forms to the ACT office. You may also renew securely online by visiting www.academyofct.org/members.

As you renew your membership, please consider a donation to the Academy. Your contributions play a critical role in the support of consumers who depend on the ACT website for access to referrals and information about cognitive therapy. If you have colleagues or students who would be interested in pursuing ACT certification, please encourage them to contact us for more information. ACT’s Executive Director, Troy Thompson (tthompson@academyofct.org) will gladly provide guidance and assistance throughout the process.

Please accept my thanks if you have already renewed your membership through 2013. Please know that you can contact me via the office at info@academyofct.org or directly at Donna.Sudak@drexelmed.edu.

With my best wishes,

Donna Sudak, M.D.
President, Academy of Cognitive Therapy
This year we proudly celebrate ACT’s sixteenth anniversary. As ACT’s chief executive officer, I can honestly say the organization’s commitment to its mission – supporting professionals, educating consumers, and connecting individuals to truly effective care – has never been stronger. This dedication is everyday instilled with more vigor by our members and so it is with great pleasure that I present to you our annual report.

We enthusiastically support professionals who choose to distinguish themselves and get certified by ACT. ACT is the only certifying body for all mental health professionals specifically for cognitive therapy that evaluates applicants’ knowledge and ability before granting certification. I am delighted to share with you the names of the more than fifty individuals in thirteen countries ACT certified this year. Inside this report, you will have an opportunity to learn more about four of our newest Diplomates.

This year too, we are thrilled with the results of the Credentialing Committee’s hard work recruiting international raters and drafting criteria to certify CBT supervisors. The committee welcomed seven new international members, all of whom underwent a demanding rater application process. ACT can now accept audio samples from applicants in Mandarin, Cantonese, Turkish, and Spanish. Equally exciting is ACT’s newest designation: Certified CBT Supervisor. ACT certified supervisors are individuals who possess the educational, practice and leadership skills to serve as a supervisor for other developing cognitive behavioral therapists. The Credentialing Committee labored diligently to develop the exacting standards for supervisors. More information on this credential can be found in the pages of this report and online.

ACT continues to improve access to high-quality cognitive therapy through its website and its network of expert clinicians and academics. This year, ACT launched an easy-to-use ‘Find a Certified Cognitive Therapist’ directory, which utilizes the power of Google Maps to locate Diplomates. ACT completed its work with Episcopal Community Services this year and will soon be assisting Veritas Health Solutions in its development of a telephonic CBT intervention. What’s more, ACT is working with the Texas Department of State Health Services to ensure that all local mental health authority clinicians are competent providers of CT.

Without you and your continued support, all of these exciting and worthwhile activities would not be possible. Help us continue to support professionals and expand access to high-quality CT for consumers throughout the world. We hope that we can count on your renewal and contribution to ACT as we go forward into the next fifteen years.

With best wishes and sincerest thanks,

Troy Thompson
Executive Director
I would like to first express my deepest thanks to all the members of the Credentialing Committee. They have worked tremendously hard the past two years. Without their labor the CBT supervisor credential would not have been possible. Nor would ACT be in a position to accept audio samples in Spanish, Turkish, Cantonese, and Mandarin.

I first proposed the Certified CBT Supervisor designation to the Academy’s Board in 2010. In the fall of 2011, the Board authorized the Credentialing Committee to determine standards of experience and training for the proposed designation. After months of deliberation, the committee established a set of rigid criteria – one that we all feel will become the benchmark for excellence in CBT supervision. The Board agreed with our vision and unanimously approved the committee’s proposal for certifying CBT supervisors this past summer.

The Academy hopes to encourage and eventually require that all trainees obtain their supervision from appropriately certified ACT supervisors. But, in order to “kick-start” this process, the Credentialing Committee had to develop a way to build a large enough pool of ACT Certified CBT Supervisors. The committee decided upon an open invitation to all ACT Fellows, Founding Fellows, and Distinguished Founding Fellows to become grandfathered supervisors. In many regards, this grandfathering of supervisors is similar to what was done at the beginning of ACT itself. The Board too thought an initial, time-limited grandfathering window was a logical and necessary first step. We hope all of those invited will accept the offer to become a member of ACT’s inaugural class of certified CBT supervisors.

As the committee worked on the certified supervisor designation, its members were also busy standardizing scores on therapists’ sessions and training prospective international raters. ACT has resolutely committed itself to increasing the number of languages applicants can submit samples in. We believe that accepting samples in Spanish, Mandarin, Cantonese, Turkish, Arabic, and Japanese will greatly facilitate the application process for hundreds if not thousands of international mental health professionals.

Members of the Credentialing Committee and ACT’s Board have graciously donated their time to lead CTRS adherence workshops at conferences throughout the world. Moreover, committee members have met with international rater applicants via Skype or in person to hone skills and overcome cultural barriers embedded in a scale designed for Western patients. The committee will continue this great work into 2013 so stay tuned. ACT’s status in the world as a premier credentialing body in the field of CBT will only continue to grow!

Best,

Leslie Sokol, PhD
Licensed Psychologist
Distinguished Founding Fellow, Academy of Cognitive Therapy
Cheryl Carmin, PhD | John Ludgate, PhD
Paulo Knapp, MD | Keith Dobson, PhD
Donna Sudak, MD | Jesse Wright, MD

Deborah Melamed, PhD | Noah Clyman, LCSW
Annie Lai King Yip, MSc | M. Hakan Türkçapar, MD, PhD
Shelley Milestone, PhD | Roger Ng, MRCPsych, FRCPsych
Young Hee Choi, MD, PhD | Emel Stroup, PsyD
Toshi Furukawa, MD, PhD | Emanuel Maidenberg, PhD
Ahmad AlHadi, MD | Aslihan Sayin, MD
Successful completion of at least 30 hours of training in supervision. The form of the training may include self-study or didactic coursework, workshops related to CBT supervision, and supervision by an ACT approved supervisor. A minimum of one full day of didactic course work (a 5 to 8 hour workshop on CBT supervision). A required reading list, which would qualify for a minimum of five hours of self-study. Each applicant must also have at minimum of 20 hours of supervision of supervision. Self-study and didactic coursework may form a maximum of 10 hours of training, and a minimum of 20 hours of the training will consist of supervision by an ACT mentor.

Training in the use of the Cognitive Therapy Rating Scale (CTRS), and demonstrated fidelity on the CTRS, using criteria established and maintained by the Credentialing Committee. Applicants will be required to score 2 standardized audio samples within one standard deviation of the mean. In accordance with the standards for the rating pool, each applicant will have a total of six opportunities to establish 2 within range scores. The audio samples will be the one’s currently used to credential new raters for the credential committee. Note: if an applicant fails to score within range on the first 2 samples, an additional cost will be incurred for any additional sample rating.

The successful completion of at least two therapy cases with someone who is under the supervision of the applicant, and in which the applicant has used the CTRS. Each applicant must have supervised at least 3 mental health professionals for a minimum of 4 months (a typical academic semester).

Applicants must provide at least one letter of recommendation from one of their supervisees. An additional letter of recommendation must be provided by their supervisor that provided their supervision of supervision training. A standardized reference letter for both the supervisee and the supervisor will be provided.

The submission of a personal supervisory model, based on CBT principles, but appropriate to the area of practice and setting in which the applicant works. A supervisory model scale is under development. The scale will resemble the Case Review Rating Scale used to assess Case Write-Ups. The scale will include the following rating format: Not Present (0), Present but inadequate (1), and Present and adequate (2).

The applicant must normally complete the process of training to become an ACT Supervisor normally within two years of initial application.

On successful completion of the training, the applicant will be able to use the title “ACT Credentialed Supervisor”. This title will continue, contingent on continuing status as a Diplomate or Fellow of the Academy of Cognitive Therapy, and continued payment of fees that may be set by the Academy of Cognitive Therapy from time to time.

Should an applicant fail to successfully fully the requirements to become an ACT Credentialed Supervisor, they may reapply in the future.
Dr. Wilson received B.A., and B.A. Hons. degrees from Witwatersrand University in Johannesburg, South Africa, followed by a Ph.D. from the State University of New York at Stony Brook (1971). He is a member of the Graduate School of Applied and Professional School of Psychology and Department of Psychology at Rutgers University where he was appointed the Oscar K. Buros Professor of Psychology in 1985. Dr. Wilson was a fellow at the Center for Advanced Study in the Behavioral Sciences at Stanford (1976-77 and 1990-91) and visiting professor at Stanford University in 1980. Dr. Wilson has co-authored or edited a number of books, including Evaluation of behavior therapy: issues, evidence and research strategies (with Alan Kazdin, 1978) and Binge eating: Nature, assessment, and treatment (with Chris Fairburn, 1993). He has published numerous scientific articles, and is the editor of Behaviour Research and Therapy, the leading international journal on cognitive behavior therapy. A former president of the Association for Advancement of Behavior Therapy (1980-81), he has received several honors and awards including the Distinguished Scientific Contributions to Clinical Psychology Award from Division 12 of the American Psychological Association (1994), the Leadership Award for Research from the Academy of Eating Disorders (2008), and the Outstanding Mentor Award from the Association of Behavioral and Cognitive Therapies in 2008. Among other other professional activities, he is a member of the American Psychiatric Association’s Work Group on eating disorders in DSM-5. He is Fellow of the Academy of Cognitive Therapy.
**New Member Sketches**

**ACT recognizes that our members are our greatest strength. As leading researchers, educators, trainers and practitioners in the field of cognitive therapy, your involvement brings deep value to our work.**

**Paul DePompo, PsyD**

Paul DePompo, Psy.D., is a clinical psychologist currently residing in Newport Beach, CA. He joined ACT because it compliments his ongoing commitment to CBT with its collaborative process. The process of joining, the meaning associated with one's striving for excellence, as well as the ability to collaborate with his colleagues around the world continues to increase his love for effective treatments.

He is not only a Diplomate of the Academy of Cognitive Therapy, but for years has been an Associate Fellow and Supervisor in RE-CBT at the Albert Ellis Institute. He teaches REBT-CBT and PCIT at various graduate schools in Orange County, CA and was trained in PCIT by the UC Davis, CAARE Team. He also conducts training in CBT. A native New Yorker, he attended NYU while earning his Bachelor's degree and earned his Master's and Doctoral Degrees at the California School of Professional Psychology-San Diego. In addition to heading up the Cognitive Behavioral Therapy Institute of Southern California where he works with adults and adolescents, DePompo also oversees the PCIT Institute of SoCal where he treats families with 2-8 year old struggling with a variety of issues relating from ADHD, ODD and Autism. He also dispenses life-coping advice on his blog, located at www.PaulDePompo.com.

**Anna Prudovski, MA**

I obtained my masters in Psychology from a university, where there was a strong emphasis on psychodynamic approach. Even though I loved the depth and creativity of digging into the depths of human soul, I was growing increasingly frustrated with the lack of tools that would allow for a faster symptom relief, especially working with patients suffering from anxiety disorders. I started doing some reading and became increasingly interested in CBT approach. By that time I was working at JF&CS, a family service agency in Toronto that offered a formal training in CBT. Needless to say, I was the first one to excitedly register and now, over 6 years later, I'm still a highly enthusiastic participant. Our wonderful trainer, Dr. Marsha Rothstein, an ACT Diplomate herself, has taught our little training group the basics of CBT, gradually progressing to more complex models and deeper discussions.

I'm happy to say that my rate of success in treating depression and anxiety disorders has increased greatly. In my rapidly developing private practice, I now regularly accept referrals from other therapists who reached a plateau working with clients suffering from disorders such as OCD, GAD, depression and low self-esteem. It is the use of CBT tools that has allowed me to facilitate the progress of those clients. I also provide consultations for beginner CBT therapists and I feel honored to pass on my knowledge and experience. I feel very privileged to become a member of ACT. It is humbling to read professional advice emails by individuals whose books I have studied and continue using in my practice.

**Wong Chi Ming, MSc. OSH, BSc. Occ Therapy**

I am an Occupational Therapist working in Prince of Wales Hospital in Hong Kong. I am a Certified Work Capacity Evaluator and a Certified Disability Management Professional since 2007 and 2010 respectively. I had obtained my Master of Science study in Occupational Safety and Health in 2009.

My mentor, Mr. Frederick AU was one of the first ACT Diplomates in Hong Kong. His excellent practice in CBT as a psychotherapy for patients with a wide variety of disorders had inspired me to learn about CBT. Afterward, I had participated in various CBT educational activities and I am now an ACT Diplomate. In order to practice CBT at a professional level, I decided to join ACT as the academy had long been regarded as gold standard of CBT all over the world. After joining ACT, I am now enjoying the online platform that facilitates share knowledge and professional support.

I am now working in Occupational Medicine Care Services that handle staff with work-related health problems. Practicing CBT outstand my work as an Occupational Therapist in the team. Most of our clients are suffering from various physical disorders, but some of them were found to have psychosocial components that affect spontaneous recovery under such a complicated medical-legal compensation system. CBT had enhanced my practice by facilitating clients’ active engagement in goal setting and problem solving. It can also guide my clients to identify distorted thinking, modify belief and change maladaptive behaviors. I will keep my drive to equip updated knowledge and skill in CBT practice in order to provide the best possible care to my clients.
In 2012, 51 individuals successfully completed ACT's rigorous certification process to join us as Diplomates. ACT warmly welcomes our new members and applauds their achievements!

Turan Ertan, MD

Following the degree of MD from Istanbul University Cerrahpasa Medical School in 1991, I started my training in psychiatry at the same institution in the same year and had the degree of specialist in psychiatry in 1996. I worked at the Institute of Psychiatry in London for a research project on Turkish elderly population living in London with the grant of Turkish Scientific and Research Council in 1995 and as an International Psychogeriatric Association Research Scholar in 1997. Returning back to Istanbul I continued my academic work at Istanbul University Cerrahpasa Medical School Department of Psychiatry and had the titles of Associate Professor in Psychiatry in 1999 and Professor in Psychiatry in 2005, and still work at the same institution and at private practice.

My main areas of interest were research in old age especially on depression and dementia as well as psychotherapy in general psychiatry. Starting from early years of my training in psychiatry I had the chance to learn psychodynamic psychotherapy from Turkish Psychoanalysts and Psychotherapists returning back to Turkey following their retirement in US.

During nearly 20 years of experience in psychodynamic psychotherapy practice, I observed that very few patients were progressing in a setting of “by the book dynamic psychotherapy”, and felt to be more active in the sessions with most of them who needed some more concrete interventions from the therapists. I can add also in this group those who were not very able to think in a dynamic way during their process. With time I realized that my interventions, which helped most in this group, were usually at cognitive level. In the last ten years I felt the need to base what I was trying to do intuitively on a scientifically systematic approach and that Cognitive Therapy which was a new area emerging in Turkey might help me for this purpose. After a short investigation I joined a training group, who was following ACT’s program which I found most satisfactory and target oriented.

Following ACT Diplomate Certification in the end of four years of very satisfactory theoretical and supervision training, I added Cognitive Therapy in my daily practice. Nowadays, I realize how good was this decision, observing the comfort and progress with a lot of patients with whom I used to feel in distress in the past. Now I can say that the rule “there is no disease but the patient in medicine” is more applicable to psychotherapy.

While writing this story, I remember young colleagues in CT training groups I joined, asking me why I was interested in CT after many years of experience in the field, and answering them that I always felt the need of some instruments other than those I had and thought that this could be the CT. Getting more experienced with time in the field, I should say that having at least some idea about CT will make any therapist more complete and recommend all new colleagues to be always open minded, not conservative in one field and try to discover new ideas to add more to themselves and their patients. I am also very happy to share my happiness to see young residents who are more ambitious to learn CT in my department recently.
Please join me in welcoming all new Diplomates to the Academy of Cognitive Therapy

Angela Anderson, LCSW
Berkley Heights, NJ

Nancy E. Addison, Ph.D.
Beverly Hills, CA

Giuseppe Alfonsi, PhD
Montreal, QC

Khalid H. AlJaber, MD
Riyadh, Saudi Arabia

Murad Atmaca, MD
Elazig, Turkey

Arva Bensaheb, PhD
Albuquerque, NM

Esther Blanco García, Licenciada en Psicología
Oviedo-Asturias, Spain

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Melissa Breslin, LCSW
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Metairie, LA

Michael Cheng, PhD
Toronto, ON

Wong Chi Ming, Msc .OSH, Bsc. Occ Therapy
Hong Kong

Fowler Cooper, LMFT
Boone, NC

Paul DePompo, PsyD
Newport Beach, CA

Timothy Donovan, LCSW-C
Lutherville, MD

Turan Ertan, MD
Istanbul, Turkey

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New York, NY

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Saint Thomas, ON

Erin E. Hanssen, M.Sc., MD, CCFP
Toronto, ON

Jason Hawkins, MA
Hastings, MI

Rachel Alexandra Henry, MD
North Bay, ON

Adam Hornung, LCSW
St. Cloud, MN

Mordechai Klein, LCSW-R
Brooklyn, NY

David Chin Cheong Lak, OTR, M.Phil.
Kowloon, Hong Kong

Kanei Lam, PhD
Hong Kong

Xianyun Li, Master of Medical Science
Beijing, China

Michael Likier, PhD
Berkeley Heights, NJ

Raul Machuca, PhD, LMHC LPC-S, NCC.
Miami Shores, FL

Maria Estela Marroquin Reyes, LMHC
Mexico City, Mexico

Dustin S. McCoy, LPC
San Angelo, TX

Firoozeh Mehran, PhD
Paris, France

Tiana Mondaca, Psy.D.
Calabasas, CA

Yasmina Nasstasi, Master of Clinical Psychology
Mayfield, Australia

Cindy Nelson, MA
Bury St. Edmunds, England

Olumide Oluwabusi, MD
Philadelphia, PA

Kadir Ozdel, MD
Ankara, Turkey

Anna Prudovski, MA
Thornhill, ON

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Pennington, NJ

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New York, NY

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Stockholm, Sweden

Randi M. Weiss, LCSW
Phoenix, AZ

David Wohlsifer, PhD, LCSW
Bala Cynwyd, PA

Sung Min Yoon, LCSW-R, DCSW, CASAC, RPT-S
Flushing, NY
ECS work with ACT

The Academy of Cognitive Behavioral Therapy collaborated with Episcopal Community Services (ECS) to implement and evaluate a cognitive behavioral skills program to improve educational outcomes of vulnerable youth in a social service setting. ACT provided instruction and consultation to ECS staff. The lessons and impact of the pilot project were far-reaching, both for ECS and the youth participants.

Elisa Nebolsine, an ACT diplomat-consultant provided instruction and consultation. The ECS project director and ACT consultant collaborated weekly throughout the pilot project to design the five session model, provided staff training and oversaw the delivery of services to teens.

The ECS project director and ACT consultant, along with an evaluation specialist from TCC Group, developed detailed measurement instruments for each phase of the pilot. These documents included: the pre- and post-test; scales for assessing clients’ CB skills; and specific tools for each individual CB sessions (instructions to guide the worker, checklist of steps to be completed, and client survey about the worker).

Katherine Locke, Senior Consultant from the TCC Group evaluated the success of the project and noted that: “Overall this intervention appears to be a promising way to change the thoughts and behavioral patterns of youth growing up in the shelter system. Qualitative data indicate that this intervention shows great promise across a number of areas and potential populations.”

Youth participants also reacted favorably to the project. One participant, an aspiring videographer, notes the effects the project has had on his outlook: “It broke down your thoughts about yourself and current situation, and how those affect your actions. It revealed to me a lot about myself. When they asked for my worst case scenario, I painted a pretty dark picture. Then on the flipside, when they asked for the best case scenario, imagining the possibilities for my life was incredible. It took me deep.” In the future, ACT and ECS intend to build upon the success of this pilot project through further consultation and collaboration.

About ECS

Episcopal Community Services has responded to the changing needs of Philadelphia’s disadvantaged residents for more than 140 years. Today ECS is a multi-service agency with a professional staff of 150 working in partnership with 300 volunteers to house, educate and care for nearly 2,000 clients annually. ECS’ mission is to empower vulnerable individuals and families by providing high-quality social and educational services that affirm human dignity and promote social justice.
How We Support Professionals

ACT maintains many benefits to help cognitive therapy professionals grow their business, expand their knowledge and connect with leaders in the field. In 2012, ACT:

► Used Google AdWords to advertise our popular online referral database that consumers use to locate certified cognitive therapists in their communities. More than 50,000 individuals visited our website to find an ACT-certified cognitive therapist last year.

► Maintained the ACT Listserv to connect our outstanding network of cognitive therapy leaders, through which members can learn about emerging research and new techniques in treatment, seek advice on complex cases, and find referrals to cognitive therapists throughout the world.

► Helped our certified members publicize their cognitive therapy training programs with free postings on ACT’s website. This year, ACT revised the Training section of its website to be more user-friendly and better advertise cognitive therapy training offered by our Diplomates.

► Helped our members advertise employment opportunities for free on ACT’s website.


► Continued to improve our new online application system, to make it easier to apply for membership.

► Continued efforts to develop a rating system that will enable applicants to apply for certification in languages other than English.

► In the coming year, ACT will continue to expand its pool of international raters, hopefully adding Arabic and Japanese to the list of languages non-English speaking Diplomate candidates can submit materials in.

► Had ACT members translate the Cognitive Therapy Rating Scale (CTS) into Turkish, Swedish, and Spanish.

► Improved upon the mentoring system developed in 2010 to connect applicants with members of the Membership Committee for support and encouragement. The system is now proactive, with pending applicants contacted every sixty days.
How We Provide Education to Consumers

ACT’s website www.AcademyofCT.org is a clearing house of cognitive therapy research, resources, and referrals. In 2012, more than 95,000 individuals visited our website in search of referrals to certified cognitive therapists, emerging research on mental health and cognitive therapy, and cognitive therapy books and self-help materials. This year, ACT made significant improvements to its website to improve navigation and increase information available.

We expanded our Recommended Readings for Consumers & Professionals to include many more books authored and co-authored by our Diplomates.

With the help of ACT Fellow Lawrence Riso, Ph.D. we updated our Research Corner quarterly for easy access to emerging research in the field.

We hosted two free and open lectures this year. In March, Founding Fellow, Leslie Sokol conducted a CTRS Adherence workshop, which was filmed and is now available to members on the ACT website. In October, Beatrice Fulton, LCSW of Episcopal Community Services discussed the positive effects of CBT skill development for at-risk youth.

How We Connect Individuals with Truly Effective Care

Ensuring that people in every community have access to empirically supported mental health treatment is at the core of ACT’s work. To do so, ACT identifies and certifies skilled cognitive therapists and facilitates training and education for community-based providers.

The “Find a Certified Cognitive Therapist” page is by far the most popular on ACT’s website. Last year more than 50,000 individuals visited in search of a certified cognitive therapist.

ACT completed an interactive map, which uses the power of Google maps to help consumers locate certified ACT members in their area. I invite you all to explore the new map and give your feedback.

Thank you for your continued membership in and support of The Academy of Cognitive Therapy!
ACT is a 501c3 charitable nonprofit. We would like to extend our deepest thanks to all of those who have given to ACT in 2012.

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ACT recognizes the long-standing commitment of Judy Beck, PhD, Jesse H. Wright, MD, PhD, William Sanderson, PhD, and Keith Dobson, PhD, all outgoing members of ACT’s Board of Directors.